

DAY/DATE: MONDAY/JANUARY 6, 2014

FOCUS: DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	200 swim 4 x 50 pull @ r=5 8 x 25 kick @ r=5
EN-1	4 x 75 pull @ 1:30 or r=15 • breathe 3/5/3 by 25's
EN-1 TO EN-2	Descend times 1-2 for each distance: • 2 x 400 @ 6:40 or r=40 • 2 x 300 @ 5:00 or r=30 • 2 x 200 @ 3:20 or r=20 • 2 x 100 @ 1:40 or r=10
REC	100 swim

TOTAL: 3000 METERS

DAY/DATE: TUESDAY/JANUARY 7, 2014

FOCUS: IM

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 swim
EN-2	4 x through (1 round each stroke, reverse IM order): <ul style="list-style-type: none">• 2 x 25 kick @ 45 or r=15• 2 x 50 [25 drill/25 swim] @ 1:15 or r=15• 1 x 100 swim @ 2:15 or r=30<ul style="list-style-type: none">• round 1: 25 fly/25 free/25 fly/25 free• round 2: 25 back/25 free/25 back/25 free• round 3: 25 breast/25 fr/25 breast/25 free• round 4: 100 IM• 1 x 100 pull @ 1:45 or r=15<ul style="list-style-type: none">• breathe 3/5 by 25's• extra 30 seconds rest between rounds
EN-2	12 x 50 swim @ 1:10 or r=15 <ul style="list-style-type: none">• 4 x (fly/back, back/breast, breast/free)
REC	100 swim

TOTAL: 2500 METERS

DAY/DATE: WEDNESDAY/JANUARY 8, 2014

FOCUS: MID-DISTANCE FREE/PACE

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	300 swim
EN-1	8 x 25 scull with freestyle kick @ r=5
EN-1 TO EN-2	Swim as one continuous set: <ul style="list-style-type: none">• 1 x 300 pull @ 5:15 or r=45• 2 x 150 swim @ 2:45 or r=20• 4 x 75 kick @ 2:00 or r=30• 6 x 50 swim @ 1:00 or r=15• 4 x 75 kick @ 2:00 or r=30• 2 x 150 swim @ 2:45 or r=20• 1 x 300 pull @ 5:15 or r=45
EN-1	8 x 25 drill @ 45 or r=15 <ul style="list-style-type: none">• 25 10-beat free/25 DPS
REC	200 swim

TOTAL: 3000 METERS

DAY/DATE: THURSDAY/JANUARY 9, 2014

FOCUS: ROPE DRILL

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

Topic: Rope Drill (or Swimming on the Line)

Intro:

I'm coaching a mostly new group of high school swimmers this season and I was recently reminded of the value of this drill.

What:

World-class swimmers enter a hand in the water and seemingly anchor it, pushing their streamlined bodies forward. This drill simulates how the body moves past the point where the hand catches (or anchors) the water, facilitates gliding, and encourages rolling on the long, vertical axis.

Set-up:

Secure a rope (about ½" in diameter) the length of the pool, on or below the surface of the water. An easy way is to tie the ends of the rope to the hooks that the lane line connects to (if you leave the lane line in, the rope should be positioned diagonally). Make sure the rope is taut.

How:

Place yourself above the rope, your long axis aligned with the rope. Recover right-arm over water, grab rope, and pull your body along, recover left-arm over the water, grab rope, and pull your body along; you will be pulling (not kicking) your body arm-over-arm along the rope. Your goal is to grab the rope as far in front as possible, then pull yourself hard enough so you get a glide before grabbing the rope with the other hand. Your goal is also to keep the rope underneath your body and on the long axis. Minimize breathing and focus on a still head with eyes at 45° and focused on rope, body rotating on long axis.

Practice:

Swim 10 x 50: 1st length on rope, 2nd length off rope. Notice the difference in your stroke as you swim the 2nd length.

DAY/DATE: FRIDAY/JANUARY 10, 2014

FOCUS: SPEED

PACE	EFFORT	PERCEIVED EX/TARGET HR
EN-1	FAIRLY LIGHT	12-14/120-150
EN-2	SOMEWHAT HARD	15-16/150-175
EN-3/SP-1	HARD-VERY HARD	17-18/175-MAXIMUM
SP-2/SP-3	EXTREMELY HARD	19-20/MAXIMUM
RECOVERY	VERY LIGHT	7-12/90-120

REC	400 choice
EN-2	8 x 25 build @ r=10
EN-1 TO EN-3	8 x 100 swim @ 1:50 or r=20 <ul style="list-style-type: none">• #1/#5: push 4th 25• #2/#6: push 3rd 25• #3/#7: push 2nd 25• #4/#8: push 1st 25
EN-1	200 pull: breathe every 3rd stroke
EN-1 TO SP-1	4 x 100 swim @ 2:00 or r=30 <ul style="list-style-type: none">• #1: push 2nd 50• #2: push middle 50• #3: push 1st 50• #4: push 1st and 4th 25's
EN-1	200 pull: breathe every 3rd stroke
EN-1 TO SP-1	4 x 50 swim @ 1:00 or r=15 <ul style="list-style-type: none">• #1: push 1st 12.5• #2: push 2nd 12.5• #3: push 3rd 12.5• #4: push 4th 12.5
REC	100 choice

TOTAL: 2500 METERS

Push = pick-up the pace!